

# CONNECTING MEMBERS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## LICKING COUNTY FAMILY YMCA

Y Newark 470 W. Church St. Newark

Y Western 355 W. Broad St. Pataskala

[www.lcfymca.org](http://www.lcfymca.org)

### JUNE NEWSLETTER FOR LICKING COUNTY FAMILY YMCA

## A Y STORY I'VE NEVER FELT BETTER

My name is Amrit and I have lived with Type 1 diabetes for the past 18 years. At the end of 2017, I realized I weighed the heaviest that I have ever weighed. I knew I needed to do something, considering that I am an insulin dependent diabetic on an insulin pump. I looked at a couple of pictures from Thanksgiving and Christmas and was not happy with myself. I decided I needed to do something before it gets to a point that it will be really hard on me and my health.

I have tried to lose weight in the past, but could only lose 5-7 lbs max at a time, and then gain it back very quickly due to the insulin. Diabetics know that losing 1 pound is a challenge in itself, because insulin is a fat storage hormone. At the beginning of the year, I decided to make a change and start working out 3-4 times a week and changing the way that I cooked as well. I struggled when I worked out, as my blood sugar would drop really low. I would then have to eat something to bring my sugar back up and it just defeated the whole work out at that point.

I told myself this time, I am going to give it my all and make this work. So when I started in January, working out 3-4 times a week, I was able to maintain my sugar without it dropping too low as well as keeping it at a healthy level. I then increased my workouts to 5 times a week and I started to see the weight slowly come off.

My 11 year old son kept asking me 'Mom, where are you going?' and I shared that I was going to work out at the YMCA. He really wanted to come with me and shoot some basketball and just run around. My son has a thyroid problem and was slightly overweight as well. When he saw me going to the Y and exercising, he wanted to come with me every single time. I started to feel really good about myself and how I was looking, and my son started to lose some weight as well. I started in 5 pound increments so my goal was not unrealistic and obtainable. I love taking the *Cycling* classes and Vicki's *Total Body, Core and More* here at Y Western and I have met some great people while losing weight at the same time.

My husband and two daughters are now coming with me to classes. This has been such a positive thing for our whole family and we have made it a group effort. Since January, my son and I are tied at losing 16 pounds each. I never thought I would ever be able to lose that amount of weight and keep it off with my diabetes. I have never felt better and my energy level is so much greater. I plan on continuing my challenge to myself and would like to push myself for another 10 lbs. but at this point, I am just so happy I was able to break a record and looking forward to another challenge for myself!

~ Amrit



## IN THIS ISSUE

### Page 1

A Y Story: I've Never Felt Better  
Summer Registration

### Page 2

A Y Story: Congratulations Courtney  
New Group Fitness Classes  
Upcoming Health & Wellness Events  
Congratulations Level 4s!

### Page 3

News from Gymnastics  
Summer at the Y  
Fall Sports Update  
PNO  
Congrats Preschool Graduates!

### Page 4

Child Abuse Prevention-It takes a  
Community  
Let's Build it Together: Y Western  
Capital Campaign

## QUESTIONS, COMMENTS, IDEAS?

Contact Dana, the editor at  
[dana.moore@lcfymca.org](mailto:dana.moore@lcfymca.org)

## SUMMER PROGRAM REGISTRATION

Swim lessons, Gymnastics,  
Martial Arts and more!  
Summer Brochure can be  
found on the website at  
[www.lcfymca.org](http://www.lcfymca.org)

### Member Registration

Monday, Jun 4

### Non-Member Registration

Wednesday, Jun 6

## SUMMER DAY CAMP

Y Day Camp starts Monday,  
Jun 4. Registration is still  
open, get your kids enrolled in  
Y Day Camp!



## A Y STORY

# CONGRATULATIONS COURTNEY



On May 19<sup>th</sup> & 20<sup>th</sup>, Courtney Plaisted, Health & Wellness Director, competed in the OPBA (Ohio Power Bodybuilding Association) Competition that combines strength and aesthetics, with a Bodybuilding Show on Saturday, and a Powerlifting Meet on Sunday. Courtney prepped for this competition for 20 weeks and lost a total of 26lbs.

At the Saturday, Bodybuilding Show, Courtney won Overall Female Bodybuilding Champion, 1<sup>st</sup> Place in her weight class, and the Best Legs Award. At the Sunday Powerlifting Meet, Courtney squatted 260lbs, benched 125lbs, and deadlifted 290lbs at a bodyweight of 131.7lbs.

With her combined scores from Saturday and Sunday, Courtney was recognized as the **First-Ever Women's Overall OPBA Pro!** We are so proud of your hard work and determination Courtney!

## HEALTH & WELLNESS UPCOMING EVENTS

### YOGA FOR RUNNERS A RESTORATIVE YOGA SEMINAR

Saturday, June 2nd, 10:15am-11:15pm  
Y Western Aerobics Room

Explore counter poses to the running formula. Poses to open the hamstrings and hips, increase balance and body awareness, and lengthen tight and sore, well-used muscles, will be introduced. Bring the breath; don't "run" from this opportunity! Open to Y and Community Members. Register at the Y Western, space is limited. We ask that you bring a non-perishable food item that we can share with our local food pantries

### JIM & PATTY'S PICNIC, POTLUCK & HAYRIDE

Thursday, June 7th, 4:00 pm  
Jim & Patty's Place

Active Adult event, the Y will supply hot dogs, hamburgers, and chicken breasts.



Attendees please bring a side. Address and sign-up sheet are located in the Y Newark Fitness Office.

### WHY AM I ALWAYS HUNGRY

Nutrition Lecture

Thursday, June 14th, 6:00 pm  
Y Newark

Join us for a nutrition lecture by Registered Dietitian, Julie Carlson. This month, Julie will speak on the topic of why we are always hungry. Don't miss out!



### AMERICAN BANDSTAND DANCE PARTY

Sponsored by Humana

Friday, June 29th, 6:30pm  
Y Newark English Gym

Join us for a fun night of American Bandstand music for this Active Adult Dance Party.

### TRANSFORMATION TUESDAY

Every Tuesday at 11:00am  
Facebook LIVE

#TransformationTuesdaysattheY. We will be discussing different aspects of living a healthy lifestyle, including diet and weight loss, as well as upcoming events and opportunities at the YMCA. A few upcoming topics for June

**Youth / Adult Sports  
Day In the Life at Y Summer Camp  
Calories vs. Macronutrients**

## NEW GROUP FITNESS AT Y NEWARK & Y WESTERN



### SILVER TAPPERS

Starting June 5th  
Tuesdays & Thursdays, 12:00-1:00pm  
Y Newark Aerobics Room

NEW Active Adult class! A beginner tap class for those who have always wanted to tap, or have tapped as a child. Tap shoes are necessary for

this class. Participants may use a 'Mary Jane' type shoe to start. Comfortable clothing is recommended. Tap shoes can be ordered online at [Discountdance.com](http://Discountdance.com) starting at \$18.95.

### CARDIO DANCE PARTY

Mondays & Wednesdays, 6:30 – 7:30 pm  
Y Western Aerobics Room

A fun choreographed aerobic workout with our instructor, Heidi, set to an eclectic mix of popular music. Every class is like a dance party with friends!

### CORE SCULPT

Monday & Wednesday, 7:15 – 7:45pm  
Abdominal and core exercises can be tedious! Instead of standard crunches, let Anna show you a totally new way to train your core and sculpt your midsection! This class will focus on exercises to strengthen and sculpt everything from your shoulders to your knees.



### CARDIO KIDS UPDATE

Y Western Big House

Tuesdays & Thursdays, 6:30-7:15pm

Join us for Cardio Kids this summer! A fun group fitness class just for kids! Please be aware there will be NO class June 25th through July 20th. Class will resume on Tuesday, July 24th.

## CONGRATULATIONS LEVEL 4s!

Our Licking County Family YMCA Level 4 Competitive Gymnastics Team competed against 25 teams at Y Regionals and brought home 2nd place! We are proud of their hard work and dedication and team support!

Join us in wishing **GOOD LUCK** to our Boy's and Girl's Competitive Teams as they head to Y Nationals this year hosted by The Greater Toledo YMCA at the end of June.



# NEWS FROM Y NEWARK GYMNASTICS



## SPRING FLING

Saturday, June 2  
9:00am-12:00pm  
Y Newark Mitchell Center

Any student from the following classes may participate: Preschool Plus, RAT Pack, Superstars, Young Basics, Rollers, Flippers, Swingers, Kippers, Mini Stuntmen, Boy's Select, Tumble Cheer (5-8 and 9 & Up), Trampoline & Tumbling (Beginner/Intermediate), Pre Team and Hot Shots are welcome to come and show off what they have learned throughout the year.

## SUMMER SESSION

This summer Gymnastics will run two 5 week sessions – Summer I: June 11<sup>th</sup> thru July 14<sup>th</sup> and Summer II: July 16<sup>th</sup> thru August 18<sup>th</sup>. You may sign up for both sessions at the same time or just one at a time. Check out all of our classes in our **Summer Brochure** at [www.lcfymca.org](http://www.lcfymca.org) Registration for members opens Monday, June 4th.

## PRIVATE AND SEMI PRIVATE LESSONS AVAILABLE

Private and semi-private lessons are available for those interested. Offerings include cheer, tumbling, gymnastics or all of the above. Contact us at 740-349-9585 and we will get you scheduled for your private or semi-private lesson.

## SPECIALTY CAMPS

Check out our specialty camps in conjunction with Y Day Camp. Offerings include gymnastics camps, cheer camps and dance camps available. Sign-up for one of these fun specialty camps!

## FALL SPORTS

Beginning in June sign ups start for our fall programs

### NFL Flag Football

Ages: Boys and Girls K – 6<sup>th</sup> Grade  
When: Games begin Early Sept and run into Oct

### Volleyball

Ages: Boys and Girls K – 7<sup>th</sup> Grade  
When: Games begin Early Sept and run into Oct

### Soccer

Ages: Boys and Girls Ages 3-6  
When: Games begin Early Sept and run into Oct

### Tennis

Ages: Boys and Girls Ages 6-14  
When: Games begin Early Sept and run into Oct

### Lacrosse

Ages: Boys and Girls K- 6<sup>th</sup> Grade  
When: Games begin Early Sept and run into Oct

### Fall Baseball

Ages: Boys and Girls Ages 6-18  
When: Games begin early Aug and run into Sept

### ADULT PROGRAMS

We are excited to announce some new Adult programs coming this fall.  
\*More details will be released in July

Sand/Indoor Volleyball  
Slow Pitch Softball  
Flag Football

## PARENTS NIGHT OUT

Parents Night Out-Y Western  
Friday, June 29-6:30-10:30 pm

Registration is open and can be completed at the Front Desk.

FOR MORE INFORMATION:  
Dana-Y Western  
[ana.moore@lcfymca.org](mailto:ana.moore@lcfymca.org)

## SUMMER AT THE Y

### Summer Swim Lessons

Registration opens for Members on Monday, Jun 4. Check the **Summer Brochure** at [www.lcfymca.org](http://www.lcfymca.org) for all the different opportunities for lessons this summer!

### Outdoor Pools

We are excited for Outdoor Pool season!  
Hours may vary based on weather.

### Alford Aquatic Center

(Y Newark outdoor pool)  
**Regular hours of operation**  
Monday-Saturday – Noon to 7pm  
Sunday – 1pm to 6pm



### Hollander Pool

**Opening Day**  
June 2nd from Noon to 6pm  
**Regular hours of operation**  
Monday-Saturday – Noon to 7pm  
Sunday – 1pm to 6pm

### Reminder Age Policy:

Our age policy states that all children under the age of 11 must be accompanied by a responsible party 16 years of age or older, including during adult swim, at all times. If a child is caught unaccompanied 3 times, the member will be asked to leave for the day. If the behavior continues, further consequences may follow.

*\*Editor's note: the age policy was incorrect in the May Newsletter.*

## CONGRATS PRESCHOOL GRADUATES!

YOU'RE ON TO GREAT THINGS!

### PRESCHOOL ENROLLMENT

As we say goodbye to this graduating class the Newark Preschool is enrolling now for fall classes, New classes start September 4<sup>th</sup>. We also have open enrollment throughout the summer, so come spend your summer days at the Y! Our students will be playing outside, exploring, and even spending some time at the Y's outdoor pool. Call 740.345.9628 to schedule your tour today!

### BEFORE AND AFTER CARE ENROLLMENT

Returning Students-July 9th  
New Students-July 16th

Registration opens for returning members on July 9th. Reserve your spot for the next school year as enrollment opens to the public the following week.



# CHILD ABUSE PREVENTION-IT TAKES A COMMUNITY



At the Licking County Family YMCA we are continually reviewing our policies and safety procedures aimed at preventing Child Abuse. Training our staff is one piece of a community puzzle and you are another piece. We take the safety of everyone at the Y seriously.

As part of our ongoing commitment, we will provide you with information and ideas of how you can partner with us as we strive to make our community a safer place. In the coming months, we will be sharing in our newsletter warning signs, community resources and other information about the different forms of abuse.

## LET'S BUILD IT TOGETHER!



We are kicking off the public phase of a capital campaign focused on the complete renovation of the Western Branch of the Licking County Family YMCA. We wanted to share with you our excitement and the information we are bringing to the community and how you can help!

### STRONG PAST

In 1998, the Rotary Club of Pataskala had a vision of value based programs and having a Y in Pataskala. Today, we the Y, are a community of people dedicated to serving others, nurturing children and staying healthy in spirit, mind and body. Through the generosity and vision

of local citizens in 2007, the Y purchased the 30,000 square foot facility on 17 acres at 355 West Broad Street. In 10 short years, the Y has experienced membership growth from 174 members to over 2,000 members today.

### BRIGHT FUTURE

This campaign will help the YMCA Western Branch provide more opportunities for quality family time, positive role models, safe spaces for youth and teens, value based programs, community space, social opportunities and a healthier community. When completed the campaign funds will go towards the renovation of the facility with the possibility of a new gymnasium and will include:



#### Phase I: \$2.8 million

Expanded Wellness Center, Locker rooms, Family changing areas, Flexible program space, Community space, Expanded studios, Child Watch, program areas, Removal of the loading docks, Centralized entrance and uniformed facade

#### Phase II: \$1.1 million (Phase II will not begin until the Phase 1 goal is met)

Gymnasium



### LET'S BUILD IT TOGETHER

Membership at the Y continues to grow despite the current facility challenges. A

renovated Y will enhance current programs and help expand programs and services throughout Western Licking County. A renovated facility will enable the Y to provide more opportunities for: Quality family time, Positive role models, Safe spaces for youth and teens, Value-based programs, Community space, Social opportunities

Together we can build a stronger Y and a stronger community. You can help!

**BE A VOLUNTEER:** We are looking for caring individuals in our community to help us raise awareness and funds to support the campaign.

**BE A DONOR:** Consider making a gift to the campaign. Each donation brings us a step closer to our goal.

**BE A CHAMPION:** Share your Y story. Help us communicate our cause to the community. We are so much more than a gym, we are the Y!

**BE A Y MEMBER:** Thank you for being a part of the Y family!

### CONTACT INFORMATION

Ed Bohren, CEO  
edward.bohren@lcfymca.org  
740-349-9688

Dana Moore, Y Western Branch Director  
dana.moore@lcfymca.org  
740-964-0201

